



MLS Perham Down

16 April 2025



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Brown

Course: Brown, 7.4 km, 170 m

1	Michael Krajewski	M40	BAOC		45:53		6.20	101
2	Nick Barrable	M50	SYO		46:43	0:50	6.31	100
3	James Lyne	M35	SN		48:11	2:18	6.51	99
4	Major Jon Oxley	M55	London Central Garrison		49:48	3:55	6.73	97
5	Maj Richard Barrett	M55	HQ 101 OSB		50:37	4:44	6.84	96
6	Maj Aaron Whiting	M40	MoD Abbey Wood		55:05	9:12	7.44	92
7	WO2 Des Dickinson	M40	MoD Abbey Wood		55:09	9:16	7.45	92
8	Lt Col(Retd) Colin Metcalfe	M65	BAOC		55:11	9:18	7.46	92
9	Simon Farrington	M40	BAOC		55:45	9:52	7.53	91
10	Col Gary Sawyer	M45	Army HQ		1:00:10	14:17	8.13	87
11	Maj Tom Reynolds	M35	Army HQ		1:04:57	19:04	8.78	82
12	John Horton	M65	SOC		1:05:01	19:08	8.79	82
13	Capt Carl Wray	M40	32 Regt RA		1:05:40	19:47	8.87	81
14	Sgt(Retd) Graham Coath	M40	IND		1:07:17	21:24	9.09	80
15	Philip Harvey	M50	WIM		1:07:32	21:39	9.13	79
16	Maj Chris Meller	M21	Army HQ		1:09:49	23:56	9.43	77
17	Sgt(retd) Alan Brown	M70	NGOC		1:33:34	47:41	12.64	53
18	Paul Morris	M60	IND		1:52:24	1:06:31	15.19	35
19	Chris Harrison	M65	NGOC		1:54:20	1:08:27	15.45	33

Blue

Course: Blue, 6.2 km, 155 m

1	Capt Tamsin Moran	W21	ETS(South)		44:47		7.22	75
2	Lt Col Richard Mawer	M50	MoD Abbey Wood		44:59	0:12	7.26	75
3	MNE William Halsey	M21	CTCRM		46:14	1:27	7.46	74
4	Edward Halsey	M50	SARUM		48:12	3:25	7.77	72
5	Mike Frizzell	M65	BADO		51:15	6:28	8.27	69
6	Col James Rhodes	M50	Army HQ		52:02	7:15	8.39	68
7	Marc Balston	M50	SARUM		52:36	7:49	8.48	68
8	Maj (Retd) Colin Dickson	M70	BAOC		52:51	8:04	8.52	67
9	Oliver Heckford	M18	WSX		53:26	8:39	8.62	67
10	Christopher Pritchett	M65	WIGHTO		54:15	9:28	8.75	66
11	Alison Simmons	W70	BOK		54:25	9:38	8.78	66
12	Lt Col Mark Nash	M60	War Gar		55:10	10:23	8.90	65
13	WO1 Jon Ferry	M40	77 Bde		56:13	11:26	9.07	64
14	Ian Ditchfield	M65	MV		56:34	11:47	9.12	64
15	Tom Halsey	M21	SARUM		57:15	12:28	9.23	63
16	Richard Bostock	M60	DFOK		57:25	12:38	9.26	63
17	Julian Hartwell	M70	SOC		57:50	13:03	9.33	62
18	Barry Jones	M55	SO		58:38	13:51	9.46	62
19	Col (Retd) Paul Lane	M65	SARUM		59:28	14:41	9.59	61



MLS Perham Down

16 April 2025



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Blue

Course: Blue, 6.2 km, 155 m

20	Lt Col David Macklin	M45	HQ Field Army		59:49	15:02	9.65	61
21	Lt Col Kerry Corkery	W45	Army HQ		1:00:06	15:19	9.69	60
22	Neville Baker	M70	TVOC		1:01:22	16:35	9.90	59
23	Trish Monks	W50	BKO		1:01:23	16:36	9.90	59
24	Maj(Retd) Jon Steed	M60	BADO		1:02:19	17:32	10.05	58
25	Charlie Beck	M65	SN		1:02:39	17:52	10.10	58
26	Phil Conway	M60	GO		1:02:45	17:58	10.12	58
27	WO2 Scott Craig	M45	ATC Pirbright		1:04:27	19:40	10.40	56
28	WO1 Stuart Greening	M60	Upavon Stn		1:04:50	20:03	10.46	55
29	Flt Lt(Retd) Rob Hick	M65	WSX		1:05:12	20:25	10.52	55
30	Ian Moran	M65	SOC		1:05:37	20:50	10.58	55
31	SSgt Prakash Limbu	M45	11 Inf Bde		1:06:11	21:24	10.67	54
32	Captain James Taylor	M40	Worthy Down Stn		1:06:16	21:29	10.69	54
33	Roger Bryan	M60	NWO		1:07:09	22:22	10.83	53
34	Toni Whittle	W55	BKO		1:07:12	22:25	10.84	53
35	WO2(Retd) Neil Gordon	M60	BAOC		1:07:47	23:00	10.93	53
36	WO2 (Retd) Ian Byford	M65	HH		1:08:14	23:27	11.01	52
37	Sgt(Retd) Gerry Allan	M55	BAOC		1:08:15	23:28	11.01	52
38	LCpl Martin Simpson	M35	9 Regt RLC		1:09:00	24:13	11.13	51
39	Maj (Retd) Karen Baker	W55	DEVON		1:09:11	24:24	11.16	51
40	Trevor Ould	M60	WIGHTO		1:09:13	24:26	11.16	51
41	Cpl (Retd) Richard Barber	M50	DEVON		1:10:33	25:46	11.38	50
42	Maj(Retd) Michael James	M65	BAOC		1:11:04	26:17	11.46	49
=43	WO2 Dhan Magar	M55	11 Inf Bde		1:12:08	27:21	11.63	48
=43	Colin Hicks	M70	SOC		1:12:08	27:21	11.63	48
45	Harriet Trefusis	W21	SO		1:13:21	28:34	11.83	47
46	Jo Halsey	W50	SARUM		1:14:01	29:14	11.94	46
47	Tim Keogh	M60	MV		1:14:29	29:42	12.01	46
48	Nigel Clemens	M60	SLOW		1:16:28	31:41	12.33	44
49	Captain Gary Harris-Deans	M55	103 Bn REME(V)		1:17:36	32:49	12.52	43
50	John Harrison	M75	BADO		1:18:30	33:43	12.66	42
=51	G 7 Iain Brant	M65	Defence Academy		1:19:51	35:04	12.88	40
=51	Serena Ludford	W60	BADO		1:19:51	35:04	12.88	40
53	Maj (Retd) Gabi Shanahan	W60	BAOC		1:21:00	36:13	13.06	39
54	Bea Halsey	W20	SARUM		1:26:16	41:29	13.91	34
55	Lt Col (Retd) Simon Worsley	M70	BAOC		1:26:19	41:32	13.92	34
56	Anne Tynegate	W60	BADO		1:33:40	48:53	15.11	27

Light Green

Course: Light Green, 4.8 km, 100 m

1	Alan Rosen	M70	HH		37:23		7.79	60
2	Cpl Nabin Gurung	M21	IND		39:21	1:58	8.20	60



MLS Perham Down

16 April 2025



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Light Green

Course: Light Green, 4.8 km, 100 m

3	Capt Kathryn Unsworth	W21	RSMS		43:07	5:44	8.98	57
4	Cpl Joshan Gurung	M21	30 Sig Regt		44:34	7:11	9.28	55
5	Janet Rosen	W70	HH		45:13	7:50	9.42	55
6	Sgt Shane Thorne	M35	Worthy Down Stn		45:18	7:55	9.44	55
7	Lt Col RM (retd) Joe House	M70	SO		48:02	10:39	10.01	52
8	Kevin Beale	M65	NWO		48:09	10:46	10.03	52
9	Maj James Donovan	M55	AACen		50:40	13:17	10.56	49
10	Flt Lt Ray Sullivan	M65	Surrey Wing ATC		50:41	13:18	10.56	49
11	WO2 Krishna Kc	M45	HQ 101 OSB		50:56	13:33	10.61	49
12	Cpl (Ret) Chris Ballard	M60	SOC		52:10	14:47	10.87	48
13	Edward Forman	M75	SO		53:00	15:37	11.04	47
14	Norman Wilson	M70	SOC		53:04	15:41	11.06	47
15	Mikhail Gryaznevich	M70	TVOC		53:50	16:27	11.22	46
16	Lt Col Rebecca Macklin	W40	3 Bn REME		54:25	17:02	11.34	46
17	Chris Johnson	M70	BOK		58:00	20:37	12.08	42
18	Robin Smith	M70	SO		59:56	22:33	12.49	40
19	Peter Smith	M60	SN		59:58	22:35	12.49	40
20	Paul Oates	M75	DFOK		1:00:48	23:25	12.67	39
21	Laurence Gossage	M75	BOK		1:03:38	26:15	13.26	36
22	Cpl(Retd) David Mullins	M75	SARUM		1:04:52	27:29	13.51	35
23	Philip O'Brien	M60	U3A		1:06:07	28:44	13.77	34
24	Sue Hands	W75	WIM		1:06:08	28:45	13.78	34
25	Lt Cory Brown	M21	4 Armd Med Regt		1:07:02	29:39	13.97	33
26	Plt Off(Retd) Mike Elliot	M70	MV		1:07:25	30:02	14.05	33
27	Major Tom Martin	M50	Army HQ		1:08:55	31:32	14.36	31
28	Nicola Harvey	W50	WIM		1:17:56	40:33	16.24	22
29	Paul Blagbrough	M75	MV		1:18:24	41:01	16.33	22
30	Edward Harvey	M12	WIM		1:19:58	42:35	16.66	20
31	WO2 (Retd) Chic Young	M65	SARUM		1:20:26	43:03	16.76	20
32	Ruth Rhodes	W80	SO		1:21:28	44:05	16.97	18
33	Maj (Retd) Devina Worsley	W65	BAOC		1:21:34	44:11	16.99	18

Short Green

Course: Short Green, 3.6 km, 80 m

1	Keith Belsey	M55	SN		24:42		6.86	50
2	Paul Nevett	M60	GO		30:57	6:15	8.60	48
3	Andrew Graham	M70	SARUM		31:04	6:22	8.63	48
4	Emma Heckford	W16	WSX		32:03	7:21	8.90	47
5	WO2 Aaron Crush	M40	32 Regt RA		34:25	9:43	9.56	44
6	Lt Col (Retd) Carol Prosser	W60	BAOC		34:34	9:52	9.60	44
7	Col(Retd) Ian Tait	M70	SARUM		34:41	9:59	9.63	44



MLS Perham Down

16 April 2025



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Short Green

Course: Short Green, 3.6 km, 80 m

8	Elizabeth Balston	W16	SARUM		35:00	10:18	9.72	44
9	Mick Hunter	M70	NWO		37:10	12:28	10.32	42
10	LT Col(Retd) Chris Barrington-Brown	M65	BAOC		37:30	12:48	10.42	41
11	David Palmer	M75	BOK		38:31	13:49	10.70	40
12	Lt Col Sarah Streete	W60	London Central Garrison		38:41	13:59	10.75	40
13	Kate Nevett	W60	GO		39:23	14:41	10.94	40
14	Lt Cdr (Retd) Stephen Jackson	M70	NWO		39:43	15:01	11.03	39
15	Col(Retd) Nick Kearns	M70	BAOC		40:15	15:33	11.18	39
16	Neil Underwood	M70	SARUM		41:43	17:01	11.59	37
17	Sarah-Jane Barrable	W40	SLOW		42:02	17:20	11.68	37
18	Rhodes Dickinson	M16	SARUM		42:55	18:13	11.92	36
19	Fiona Clough	W60	BKO		44:01	19:19	12.23	35
20	Keiko Conway	W60	GO		44:26	19:44	12.34	34
21	CPL Retd David Battison	M75	SARUM		44:49	20:07	12.45	34
=22	Roger Pleasant	M75	SOC		45:03	20:21	12.51	34
=22	Jon Wheatcroft	M70	TVOC		45:03	20:21	12.51	34
24	Mr Tom Mills	M75	NGOC		45:09	20:27	12.54	34
25	Tim Hughes	M70	TVOC		45:15	20:33	12.57	34
26	Tom Edelsten	M80	GO		45:56	21:14	12.76	33
27	Lt(Retd) George Elkin	M75	BAOC		45:57	21:15	12.76	33
28	Elisabeth Dickson	W65	BAOC		46:09	21:27	12.82	33
29	Christopher Moon	M75	BOK		46:43	22:01	12.98	32
30	LtCol(Retd) Andrew Law	M70	NWO		47:36	22:54	13.22	31
31	Allan Darwell	M70	BOK		47:39	22:57	13.24	31
32	Richard Rae	M75	BKO		48:19	23:37	13.42	31
33	Denise Mullins	W70	SARUM		49:07	24:25	13.64	30
34	Tony Ludford	M80	BADO		50:34	25:52	14.05	28
35	Peter Bartlett	M70	WIGHTO		50:45	26:03	14.10	28
36	Antonia Holt	W65	NWO		51:15	26:33	14.24	28
37	Christopher Branford	M75	WIM		51:50	27:08	14.40	27
38	Michele Funnell	W70	SO		53:00	28:18	14.72	26
39	Kim Liggett	W60	NGOC		53:41	28:59	14.91	25
40	Jerry Newcombe	M70	BOF		53:45	29:03	14.93	25
41	Deborah Sullivan	W65	MV		55:52	31:10	15.52	23
42	Ken Stimson	M75	NWO		55:59	31:17	15.55	23
43	Tony Hext	M75	QO		57:40	32:58	16.02	21
44	Tony Painter	M75	GO		59:06	34:24	16.42	20
45	Marissa Hughes	W55	TVOC		1:02:31	37:49	17.37	16
46	Clare Fletcher	W80	BOK		1:03:13	38:31	17.56	16
47	Tony Bradford	M65	IND		1:28:02	1:03:20	24.45	0



MLS Perham Down

16 April 2025



Results by class with League Points

Posn	Name	Age Group	Club / Team	Corps	Time	Behind	Pace min/km	Points
------	------	-----------	-------------	-------	------	--------	-------------	--------

Long Orange

Course: Long Orange, 3.9 km, 55 m

1	Cpl Jack Borrow	M35	9 Regt RLC		30:37		7.85	40
2	Sgt Ernast Kapusa	M40	1 CS Med Regt		56:59	26:22	14.61	31
3	D Ishbel Sawyer	W45	Army HQ		57:25	26:48	14.72	31

VS Green

Course: VS Green, 2.6 km, 65 m

1	Roger Baker	M90	TVOC		57:48		22.23	40
2	Nina Stimson	W75	NWO		1:09:43	11:55	26.81	38
3	Yvonne Hodson	W75	TVOC		1:15:38	17:50	29.09	32
4	Junior technician (R John Farren	M85	TVOC		1:29:17	31:29	34.34	18
5	Flt Lt (Retd) Liz Yeadon	W75	SARUM		1:39:58	42:10	38.45	8